

Kenner asks parents to begin scheduling exams, shot updates to get ahead of the back-to-school rush

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# FORT LEE TRAVELLER

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July 19, 2018 | Vol. 78, No. 22



## Artists @WORK

*Culinary elite conduct training at Lee with hopes of earning accolades at ACF nationals*

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Annual Fort Lee SHARP Summit an opportunity for post leaders to discuss harassment, assault issues along with a prevention game plan

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Impressive campaign participation data shows community interest in living healthier lives

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COMMENTARY | MILITARY FAMILY LIFE

# Bargain hunting a byproduct of mil-spouse job challenges

**Lisa Smith Molinari**

Contributing Writer

My mother hates it when I tell people how much I spend on things.

For example, a friend might say, “That’s a great outfit, Lisa,” and I respond, “Well get this – I bought the shirt on clearance at TJ Maxx for \$11.99, and I found these pants along with an electric carving knife, hardly used at all, at the base thrift store on ‘fill-a-bag-for-five-bucks’ day. Pretty cool.”

I see this as sharing good news, but according to Mom, it’s tacky.

My perspective has been shaped by nearly 24 years as a military spouse. It has ingrained respect for a good bargain.

When I married my Navy husband, I chose to quit my job as a civil litigation attorney in Pittsburgh and moved to Alexandria to start our new life together. I applied for reciprocity to practice in the District of Columbia, but the process took so long, I didn’t get my license until after we PCSed to California. In the meantime, I took a law clerk temp job for \$9 per hour, before taxes.

That pattern of unemployment and underemployment continued for our entire hitch. I was not able to practice law again, and I never contributed significantly to our household income, despite my whopping

student loans. If I had stayed in Pennsylvania to develop my legal career, I would have easily been making more than \$150,000 per year by now.

One way I compensate for my abysmal income is to bargain hunt. However, realistically, shopping on clearance racks should not be the solution for 24 years of financial sacrifice as an unemployed or underemployed military spouse.

According to a May 2018 report from the Council of Economic Advisors, the estimated value of a military spouse’s average annual income loss is \$12,374. Over a 20-year military career, that adds up to an \$189,614 shortfall – easily enough money to buy a modest house or send two kids to college. With 690,000 American military spouses today, this loss of individual income costs our society between \$710 million to \$1.1 billion each year, primarily in the form of unemployment and healthcare benefits paid, and lost income taxes.

However, progress has been made in the way of recognizing and rectifying the financial sacrifice made by military spouses. Adverse employment conditions may be easing up. Here’s what’s been done:

2011 – U.S. Chamber of Commerce Foundation launches Hiring Our Heroes initiative to engage businesses and offer job



File Photo

A group of Fort Lee spouses pose during a May 2017 graduation ceremony marking their completion of Comcast customer service training. The employment initiative was coordinated through the Army Community Service center as part of the DOD Military Spouse Employment Partnership.

fairs for veterans and military spouses.

2011 – DOD launches Military Spouse Employment Partnership that now boasts 360 Fortune 500 companies (including my favorite bargain haunt, TJ Maxx) to train, recruit and employ military spouses.

2017 – President Trump signs the National Defense Authorization Act, providing rebates for military spouses who apply for new employment licenses after moves and calling for the appointment of quality child care providers. The policy also allows military families to move before or after service members for school or work.

2017–DOD establishes Spouse Education and Career Opportunities program to offer military spouses free career counseling, resume building, job searching, training, licensing and tuition assistance.

2018 – Military Spouse Employment Act is introduced by Senator Tim Kaine (D-Va.)

to address employment of military spouses by federal agencies, childcare accessibility, expansion of eligibility for employment benefits to one year after separation, removal of restrictions on military spouse entrepreneurs, etc.

2018 – Starbucks joins Hiring Our Heroes and other big-name companies to launch an initiative to hire 100,000 military spouses by the end of 2021.

2018 – LinkedIn offers free premium memberships to military spouses experiencing PCS moves and those within six months of military separation.

These programs represent a pretty good deal for younger military spouses, and hopefully, will make a dent in the whopping 16 percent mil-spouse unemployment rate and/or raise salaries to a more deserving level.

SEE **MILITARY SPOUSE**, page 10



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**ON THE COVER**



T. Anthony Bell

From left, CS3 Christopher Powell, CS1 Jerry Brown, CS3 Jeffery Plotz, CS3 Tristan Cox and CS3 Kellie Lundy pose July 12 at the Quartermaster School’s McLaughlin Hall. The Coast Guardsmen received the Joint Culinary Training Event Student Team title in March. By virtue of that win, they earned an opportunity to compete in the student team event at the American Culinary Federation National Convention and Show in New Orleans July 15-19. Full story, Page 8.

# Lee SHARP, Resiliency Summit explores misconduct trends, tactics for prevention

**Amy Perry**

News/Production Assistant Editor

About 150 community members attended Fort Lee's Sexual Harassment/Assault Response and Prevention and Resiliency Summit July 10 in the Army Logistics University multipurpose room.

Audience members included senior officers and enlisted leaders from across the installation, as well as organization directors, unit victim advocates, members of installation health and wellness programs, and others. The event was coordinated by CASCOM's Ready and Resilient Integrator office and SHARP team.

The summit included a variety of briefings to educate those in attendance about the sexual awareness and response program and the types of issues those in leadership positions may face.

Maj. Gen. Paul C. Hurley Jr., CASCOM and Fort Lee commanding general, said he learned a lot at last year's forum, and though the conversation was uncomfortable at times, it was well received.

"It was stuff we needed to talk about," he said. "It was uncomfortable for me, but it was what we needed to really drive home the point that the world has changed. Things 50 years ago people would have turned a blind eye to or accepted outright is not acceptable today.

"We are part of that change," Hurley further observed. "As senior leaders on Fort Lee, we have to make sure we codify that change and improve the culture inside the uniformed services to make sure every Soldier who comes in the Army is safe and safeguarded by all of us."

Hurley said when he first got to Fort Lee, the reports of SHARP incidents on the police blotter astounded him, and he wanted to get to the bottom of it.

"Starting with this conference last year – which I give great credit to – we have raised awareness and standards in our formations,"



Amy Perry, Fort Lee Public Affairs

Maj. Gen. Paul C. Hurley Jr., CASCOM and Fort Lee commanding general, shares his thoughts about the importance of the Army's Sexual Harassment/Assault Response and Prevention Program during the installation's SHARP and Resiliency Summit July 10 at the Army Logistics University. The program brought professionals from across CASCOM to spend the day focusing on SHARP and resiliency issues. Also pictured are Brig. Gen. Douglas McBride, Quartermaster General, and Command Sgt. Maj. Michael Perry, CASCOM CSM.

he said. "We raised it so much, I rarely see reports coming across on the blotter these days."

Part of the change is emphasizing the Army values, Hurley said, as many may come into the service from a less-than-ideal situation, and they need to learn those traits.

"We have to teach them dignity and respect," he said. "Sometimes, it takes a while to absorb those values. In most cases during basic and advanced individual training, the Soldiers begin to change as people."

Dr. James E. Walker, SHARP Program manager, CASCOM, said the joint session helped connect the dots between ongoing efforts to eliminate sexual misconduct from the ranks and resiliency.

"From that perspective, the summit continues to be a huge success," he said. "It is always a win-win anytime we can get leader engagement and all stakeholders together to find solutions on eradicating sexual harassment/assault and optimizing organizational resiliency."

The day was packed with a wide assortment of briefings, including Defense Department- and Army-level sexual assault and harassment prevention program presentations; the Criminal Investigation Command's sextortion briefing; a Coast Guard "Cultivating Difference Makers" talk; Army and TRADOC headquarters briefings from their resiliency departments; as well as briefings on the performance triad from the Public Health Office and maintaining

military readiness from the TRADOC surgeon's office.

In particular, Michael McGurk, director of Resiliency, Command Initial Military Training, TRADOC, provided a timely overview for the group, said Sgt. 1st Class Paul M. Powell, Ready and Resilient Integrator, CASCOM.

"He spoke at length on the new Army Combat Fitness Test being launched for fiscal 2020," he said. "The Department of the Army headquarters just approved it on the day of the summit, so the audience was able to hear it explained in-depth from one of the main players in its creation. There also was a good question and answer session on this, which many unknowns were answered for the leaders on Fort Lee."



Contributed Photo



File Photo

(LEFT) Col. Beth Behn, 7th Transportation Brigade commander at Joint Base Langley-Eustis, will be the guest speaker at an Aug. 16 observance here. (ABOVE) At a previous Women's Equality Day program, staff members and students from the Army Logistics University perform a mock protest to demonstrate the emotional significance of women's equality. The group marched in from outside the Lee Theater, chanting along the way.

## Lee women's equality event set for Aug. 16

The installation's 2018 Women's Equality Day observance – marking the 98th anniversary of the passage of the 19th Amendment Women's Right to Vote – is set for Aug. 16, 11:30 a.m. - 12:30 p.m., at the Lee Theater.

The theme is "Nevertheless She Persisted." The installation event is being hosted by the Staff and Faculty Company, Army Logistics University Support Battalion. Everyone in the Fort Lee community is invited.

Aug. 26 is designated as the official Women's Equality Day. This occasion has been recognized since 1973 by presidential proclamation after a bill introduced by Congresswoman Bella Abzug was approved by Congress. The day is an opportunity to celebrate the victories for equality that women have won and to rededicate the country's commitment to eliminate discrimination against women.

The observance not only celebrates the progress and achievements women have made throughout history, but also their continued effort to be represented as equals in society.

The Lee program guest speaker will be Col. Beth Behn, commander, 7th Transportation Brigade (Expeditionary), at Joint Base Langley-Eustis, since Aug. 4, 2017. A native of Cedar Falls, Iowa, she graduated from the United States Military Academy at West Point, N.Y., in 1994, and was commissioned

a second lieutenant in the Transportation Corps. Her first duty assignment was to JBLE where she served as a platoon leader in the 329th Transportation Company (Heavy Boat), company executive officer in the 1098th Transportation Company (Medium Boat), and detachment commander for the 169th Transportation Detachment (Heavy Crane) and, later, 491st Transportation Detachment.

Before assuming her current command, Behn most recently served as part of the Combined Security Transition Command-Afghanistan as the Resolute Support Essential Function 5.1 director. Among other assignments in her career, she served as an assistant professor in the History Department at the United States Military Academy from 2010-2012, during which time she was awarded the department's Distinguished Teaching Award and earned her Ph.D. in History from the University of Massachusetts Amherst.

The program will include music from the 392nd Army Band, an educational video, recitation of a poem by four personnel and more.

The observance coordinators are command team members from the Staff and Faculty Co., ALU Support Bn. – Capt. Kristan Havard and 1st Sgt. Julia Smith.

For details, call Smith at 804-765-8131.

# NEWS BRIEFS

## Family and MWR Launches Soup, Salad Lunch

A new Soup and Salad Lunch service is being offered at the Lee Club. It is available Tuesday - Friday, 11:30 a.m. - 1 p.m., building 9009, Battle Drive. All community members are welcome.

The cost including a drink is \$10 for adults and \$6 for children, ages 12 and under. For other details, call 804-734-7547 or 734-7541.

## Post Theater Group Presents 'Aladdin, Jr.'

The Lee Playhouse will open its 2018-2019 KidKapers season with "Aladdin, Jr." July 27, 7 p.m., at the Lee Theater. The classic Disney musical tale will have a two-weekend run. Additional performances are Aug. 3 at 7 p.m., and July 28-29 and Aug 4-5 at 2 p.m. All shows are open to the public.

"Aladdin, Jr." has a cast of 30 young actors bringing the Arabian nights to life. Tickets are \$7. For other details, call the box office at 804-734-6629.

## Tax-Free Holiday for School Supplies

The Army and Air Force Exchange Service will take part in Virginia's annual "tax-free holiday" for school supplies Aug. 3-5.

Retail stores are required to waive the 5-percent sales tax on any school-related product selling at \$20 or less per item. Also exempt are clothing and footwear priced at \$100 or less per item and small hurricane preparedness supplies, \$60 or less per item.

Because Exchange merchandise is always tax exempt, its stores are adding to the potential savings by matching local sales tax discounts to offer an additional 5.3 percent off select items.

For specifics about which products qualify for this tax-free benefit, visit [www.tax.virginia.gov/virginia-sales-tax-holiday](http://www.tax.virginia.gov/virginia-sales-tax-holiday).

## DMV Offers Veterans Label on Drivers Licenses

The Virginia Department of Motor Vehicles offers a veteran indicator on driver's licenses and ID cards.

To qualify, veterans must have received an honorable or general discharge and provide DMV with a photocopy of proof-of-service documents that show branch of military, discharge date and discharge status. There is no fee.

For details, visit [dmvNOW.com/veteranindicator](http://dmvNOW.com/veteranindicator). Fort Lee community members also can take advantage of the on-post DMV facility across from the Lee Club on Battle Drive.

## Kenner Commander's Call Closures

Kenner Army Health Clinic, Mosier Consolidated Troop Medical Clinic, Troop Medical Clinic 1 and all ancillary services except the pharmacy will close Aug. 9, 11:30 a.m., to allow staff to participate in a commander's call and training.

The pharmacy will remain open with limited staffing. To schedule appointments, call the Kenner Appointment Line at 1-866-533-5242. For after-hours care, call the nurse advice line at 1-800-TRICARE and chose option 1. For an emergency, go to the nearest emergency room or call 9-1-1.

## Exchange Launches Recruiting Website

The Army and Air Force Exchange Service has launched a redesigned [applymyexchange.com](http://applymyexchange.com) employment website.

The resource allows veterans, military family members, civilians and Exchange team members to apply for positions around the world with the DOD's largest retailer. New features include specialized application pages; optimization for PCs, laptops, tablets and mobile devices; and instructional videos.

The Exchange is committed to hiring 50,000 veterans and military spouses worldwide by 2020.

# Warrant officer celebration spotlights ‘transformational’ purpose of cohort

**T. Anthony Bell**

Senior Writer/Special Projects

Among the ranks of professional Soldiers, there are members of the Officer Corps, the Noncommissioned Officer Corps and the Warrant Officer Cohort.

The latter’s official, yet distinctive, moniker – changed from corps to cohort in 2004 – is reflective of its unparalleled role and responsibilities as subject matter experts, teachers and advisors. They are the “nuts and bolts” technicians heavily relied upon in a technology-hungry Army.

Celebrating that significance, and the beating heart of its team of professionals, was the purpose of the Fort Lee Warrant Officer Centennial Observance that took place July 9 at the Lee Theater.

Attended by representatives from all levels of installation leadership and large numbers of warrant officer students enrolled at the Army Logistics University, the event highlighted the cohort’s collective contributions to the Army’s rich history and its members’ distinctive role as technical specialists, said the guest speaker, Chief Warrant Officer 5 Richard C. Myers, command CWO for CASCOM.

“The United States Army Warrant Officer Cohort is small but impactful,” he said. “They enhance the Army’s ability to build readiness; they defend our national interests by serving as the Army’s premiere land force technical experts and systems integrators.”

Currently, warrant officers comprise 2.5 percent of the total force, which equates to roughly 27,000 Soldiers, said Myers. Thirty-two percent of those individuals serve in sustainment branches, he added.

Myers stood in for Lt. Gen. Edward Daly, deputy commanding general for Army Materiel Command, Redstone Arsenal, Ala. The former Chief of Ordnance could not make the trip due to unforeseen circumstances but previously shared with



Photos by T. Anthony Bell

(ABOVE) Warrant officers – led by CW5 Richard C. Myers, fourth from left, command CWO for CASCOM – stand behind a time capsule containing items that will tell their cohort’s story to future members. The capsule contents were added during the July 9 centennial observance at the Lee Theater. (BELOW) Myers underscores the significant role of the Warrant Officer Cohort during the centennial observance.



Myers his contention warrant officers are pivotal elements in the Army’s institutional and operational effectiveness.

“His point is our warrant officers are the technical experts at the tactical point of need,” said Myers, “not only building and sustaining equipment readiness, but also training and coaching a generation of officers, noncommissioned officers and junior Soldiers to be technically competent.

“Warrant officers are functional experts with a multi-functional understanding,” he

continued. “They are superstars; game-changers in the battlespace. They embrace their roles and responsibilities and are like Michael Jordan on the basketball court, making everyone around them better. Warrant officers shape, drive and influence others in their unit to focus on readiness, supply, maintenance and much more.”

With a cemented legacy, Myers said the cohort’s future is dependent on its ability to provide the highest level of expertise commanders cannot get anywhere else.

“The next 100 years will see competition against near-peer competitors, making the relevance of Army warrant officers that much greater,” he said with a tone of urgency meant to seize the attention of the warrants in the audience. “The Army requires your unique ability as a technical expert, combat leader, trainer and advisor to remain ready to deploy, fight and win decisively against any enemy.”

The observance agenda also included a historical presentation, time capsule dedication and cake-cutting. Retired CW5 Samuel P. Galloway, the CASCOM honorary regimental warrant officer, said the gathering was uplifting and tributary.

“It makes me proud to be a warrant officer and to see the continuity of our functions,” said the 39-year food service veteran. “There are people who paved the way for me when I came in, and I got a lot of comments from the warrant officers today thanking me for my service. I told them I am just paying it forward.”

Noting the function of present warrant officers, similar to those of yesterday, Galloway said there is always a constant – that need to always be prepared for the “what ifs.”

“It requires constant study and research because when commanders call you in for advice, you can’t shoot from the hip,” he said. “You have to be ready.”

To remain as viable in the future as they have been in the past, Galloway said warrants need to consider the following:

“Be prepared; always be in the position to learn; be accessible to Soldiers and commanders; and if you see a problem, you should address it,” he said. “If don’t, you become part of the problem.”

Readers who want to learn more about the history of the Warrant Officer Cohort can find an in-depth overview at [warrantofficerhistory.org/Hist\\_of\\_Army\\_WO](http://warrantofficerhistory.org/Hist_of_Army_WO).

RECOGNIZING CIVILIANS | SPOTLIGHT

# Jerry Silva

**Organization:** Kenner Army Health Clinic

**Hometown:** Socorro, New Mexico

**Length of federal service:** 40 years

**Job title:** Administrative Office Assistant

**Job duties:** Freedom of Information Act / Office administration / Telephone control officer

**What do you love the most about your job?** “The interaction between staff to work a task. It’s a team.”

**What do you consider your greatest achievement?** “Raising three daughters as a single parent and my volunteer time helping the less fortunate.”

**You were recently recognized for your professional dedication and off-duty volunteerism – how did that feel to earn the award?** “I was very honored and humbled by the recognition.”

**What kind of volunteering do you do?**



T. Anthony Bell

“I belong to about seven organizations that vary from feeding to providing medical assistance to the less fortunate.”

**Why do you volunteer?** “To give back to the community and because it was our upbringing from my childhood that we were taught and encouraged to help each other and the less fortunate.”

**What do you expect from your leaders?**

“Encouragement to succeed by providing the means of training and fairness.”

**Where would you most like to live?** “Where I can easily get to disasters and feed or assist the less fortunate.”

**When and where were you happiest?** “After a disaster and the assistance given to the victims and the smiles they provide as gratitude.”

**Pet peeve:** “Not everyone is college educated and they don’t want to be. So, don’t judge someone by saying they probably don’t understand what we are talking about. Because, believe me, we have more common sense and you don’t get that from attending college.”

**What is your marked characteristic?** “Helpfulness and volunteerism.”

**What is your greatest fear?** “Someone is left without food or assistance.”

**What is your greatest extravagance?** “I bought a new car. I’ve never had a brand new one.”

**Which talent would you most like to have?** “To be able to help everyone.”

**What’s your motto?** “How do you

pick up the threads of an old life? How do you go on? But in your heart you begin to understand; there is no going back. There are things that time cannot mend, some hurts that have taken hold.” (From Lord of the Rings: The Return of the King) “I think the saddest people always try their hardest to make people happy because they know what it’s like to feel absolutely worthless and they don’t want anyone else to feel like that.” (Robin Williams)

**Role models?** “Individuals that go out of their comfort zone to help the less fortunate. Because it takes a special person to be a volunteer.”

**What is it that you most dislike?** “Fake people.”

**What is something people would be surprised to know about you?** “That I am religious in my own way.”

**What are your future aspirations?** “To retire and continue to deploy with the Red Cross Disaster team and to take care of the less fortunate. And enjoy seeing my girls and grandchildren grow.”

– Compiled by Lesley Atkinson

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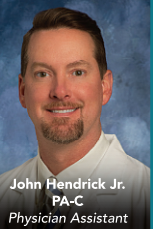
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# SAMC holds induction ceremony for 2 NCOs



Contributed Photo

Newly inducted Sergeant Audie Murphy Club members – Sgt. 1 st Class Billy Clark, Echo Company, 16th Ordnance Battalion; and Staff Sgt. Honeymae Weaver, Romeo Co., 262nd Quartermaster Bn. – pose with other members of the SAMC Fort Lee Chapter and special guests following a July 6 ceremony at Guest Auditorium in the Petroleum and Water Department building here. Clark and Weaver are pictured near the middle along with event guest speaker retired Command Sgt. Maj. Terry Parham and Command Sgt. Maj. Michael Perry, CASCOM CSM. To gain entry into SAMC, the two NCOs achieved excellent scores on the Army Physical Fitness Test, received personal recommendations from senior leaders and/or supervisors, and demonstrated their military knowledge at Soldier boards consisting of senior NCO and SAMC member evaluators.

# OSHA heat safety app available

**Ashlyn Landgraf**

U.S. Army Corps of Engineers, Pittsburgh, Pa., District

Since we are fully immersed in the summer months, there are several necessary considerations to be taken into account when planning for work. The most important is preparing the workforce for working in the heat. Every year, thousands of workers become victims to heat-related illnesses, but these can be eliminated with proper preventive measures.

As part of the Occupational Safety and Health Administration’s campaign to Keep Workers Safe in the Heat, a variety of resources are available to help in planning work tasks so action can be taken to prevent heat-related illness. As part of this campaign, OSHA has partnered with the National Institute of Occupational Safety and Health to develop the Heat Safety Tool. This tool is available as an app on Android and Apple devices in both English and Spanish. Due to the tool’s mobile capability, it can easily be accessed to provide real-time information on demand.

Once downloaded, the tool permits workforce planners, and the workforce themselves, to input their work location to determine the corresponding heat index for a given day, even hour-by-hour. The heat index is a more accurate value in determining the susceptibility of heat-related illnesses than only using the air temperature. It takes into account the relative humidity along with the air temperature into a single value that represents how hot the weather actually feels to the individual working in the heat.

Once the heat index is calculated, the tool will display an associated risk level (low, moderate, high, very high/extreme) and provide suggested measures to be implemented to aid in the protection against heat-related illnesses. All applicable controls should be considered during the planning of work to ensure the appropriate resources are available so the workforce can be protected in the hottest weather.

Heat-related illnesses are 100 percent preventable. Take proactive measures to protect your workforce. To download the Heat Safety Tool smartphone app, visit OSHA’s website at <https://www.osha.gov/heat/>.



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File Photo

Staff Sgt. Marc Susa, assigned to Joint Base Lewis-McChord, Wash., is a former Enlisted Aide of the Year title winner and current Armed Forces Master Chef of the Year. The latter earned him a spot at the American Culinary Federation Convention and Show competition where he will compete with his civilian peers. The event is set for July 15-19 in New Orleans.



T. Anthony Bell

Spc. Naya Pender poses in a McLaughlin Hall food service training kitchen July 12. The Soldier, stationed in Germany, claimed the Student Chef of the Year title at the Joint Culinary Training Event in March. The win allowed her entrance into the American Culinary Federation National Convention.

# Award-winning JCTE military chefs showcasing skills on national stage

**T. Anthony Bell**

Senior Writer/Special Projects

After a week-long rehearsal at the Quartermaster School's Joint Culinary Center of Excellence here July 6-12, several military chefs are in New Orleans this week showcasing their skills at the American Culinary Federation National Convention.

Representing the Department of Defense are a five-member U.S. Coast Guard Team, Army Sgt. 1st Class Marc Susa and Army Spc. Naya Pender. They are the winners of the student team, master chef and student chef categories of the 2018 Joint Culinary Training Event held at Fort Lee in March. They are entered in the same categories at the national convention, and will be pitting their abilities to create delectable flavors, aromas and visual presentations against comparable civilian culinarians from every corner of the country.

The convention offers a "remarkable opportunity" to highlight the military culinary establishment on an individual and collective basis, said Coast Guard Chief Petty Officer Christopher Reaves, noncommissioned officer in charge of the Advanced Food Service Training Course at JCCoE.

"It's excellent for them to be able to go and showcase what the military actually has," he said. "I don't think the civilian sector realizes the amount of skill and the work ethic these guys put into their training day in and day out."

The five members of the Coast Guard team – CS3 Christopher Powell, CS1 Jerry Brown, CS3 Jeffery Plotz, CS3 Tristan Cox and CS3 Kellie Lundy – are assigned to Coast Guard Training Base Yorktown. All but one were participants in the team's win at the JCTE. As relative newcomers to military food service, they all share the sentiment New Orleans is a

rare and career-broadening opportunity.

"I'm super-excited about it," said Plotz, a 26-year-old native of Reedsport, Ore. "It's a great honor, honestly. It's really cool to be able to do something I've seen other people do; now I get to be a part of it."

His teammate, CS3 Powell, said the preparations for the national stage has been profound and required much sacrifice.

"It's been an intense experience for the amount of training and time that we've had to dedicate to preparing ourselves compared to our competitors, who professionally train day-in and day-out at their culinary schools," said the 27-year-old Fallbrook, Calif., native. "(By comparison) we have jobs we have to do on the regular while trying to fit in our training. So, in that aspect, it kind of puts us at a disadvantage, but I think it will surprise people the most if we end up winning the

competition."

The Coast Guard team began training together in February for the JCTE. They have practiced intermittently since then due to military requirements but ramped up preparations over the past three weeks. CS1 Jeffries, assigned to the Washington, D.C. area, helped prepare the team for the JCTE and nationals. He said training has been somewhat of a challenge but the team has some advantages.

"One of our strong points is that you have a level of maturity that comes with them being in the military, and a few of the guys are a couple of years older than average," he said. "Fortunately, they still fall within the rule you can't have more than two years' experience. With age comes maturity, right, so I think that's going to help them out in being able to take on a ton of responsibility and stay cool, calm and collected in the competition."

The Student Team National Championship requires entrants to prepare several cold food meals. It is scheduled for July 17-18.

Pender, the National Student Chef of the Year competitor, competed for Team Europe in the JCTE and is assigned in Grafenwoehr, Germany. Known for her maturity and composure, the 22-year-old said the key to a successful performance in the nationals is believing she can do her best.

"Like going into any competition, you have to be confident about it," said the Ohio native. "You never think about the competitors but how well you can do."

Pender may face opponents with various levels of experience, but she said the prospect does not cause her any level of uncertainty. She feels she has the proper mindset to be competitive.

"I'm always going in like I'm going to win, but you don't want to be overconfident; you still want to have confidence in your skills," she said.

Susa was not available for comment. The Joint Base Lewis-McChord Soldier has earned several accolades as a team member and individual, including enlisted aide of the year.

The JCTE is sanctioned by the American Culinary Federation as part of its long-standing training relationship with the armed forces food service establishment.

## Brittany Nelson

Installation Management Command

SAN ANTONIO – Family and MWR officials recently reported “staggering numbers” after tallying the results of the 2018 Army Strong B.A.N.D.S fitness campaign – a program that places emphasis on balance, activity, nutrition, determination and strength in maintaining one’s health.

Sixty eight garrison locations held a total of 394 programs with a whopping 69,807 participants who joined the fitness movement in May. Strong B.A.N.D.S is hosted by the Family and Morale, Wellness and Recreation department of the U.S. Army Installation Management Command.

There were events for all ages and interests. A highlight of the Fort Lee campaign is the inaugural Fitness and Health Expo conducted May 19. Participants were able to gather information and advice from the 25 health and wellness vendors on hand. The program also include fitness demonstrations and hourly prize giveaways.

The installation also correctly counts its annual Run for the Fallen observance as a campaign event, noting how it brings community members of all ages together to walk or run in recognition of fallen warriors and their surviving families.

Fort Polk, Louisiana, held a Child and Youth Services sports event on Armed Forces Day. A total of 169 children participated in a variety of competitions including the long jump, jump rope, pull-ups and a 100-yard dash.

Jazmine Sartain, the mother of a participant, said it was a chance to introduce her son to the confidence-building and camaraderie aspects of sports. “I registered him for the run because I wanted him to come out and have fun,” she said. “I’m a runner myself, and it’s not about winning or the medals. It’s about having a good time.”

Children like Mylasia Johnson participated to assess their athletic abilities. “I wanted to compete in all of the events, especially the 100-yard dash,” she said. “I wanted to see how fast my time was because I want to train to go to the Olympics someday.”

Story Walk is another activity geared toward getting children active while having fun and

# Strong B.A.N.D.S topped charts with participants, post activities



Martha Yoshida, Fort Leonard Wood Public Affairs Office



Maria Yager, Blanchfield Army Community Hospital Public Affairs Office

learning. Laminated pages from children’s books are attached to wooden stakes and installed along an outdoor path. The child reads a page then walks to get to the next one until the story is finished. Fort Lee conducted its event inside Bunker Hall and heralded it as

(ABOVE) Patrons of Davidson Fitness Center, Fort Leonard Wood, Mo., have fun flexing their muscles for a photo after participating in one of the fitness classes offered during “Strong Weekend,” a closing event for Army Family and MWR’s Strong B.A.N.D.S Campaign in May. Organizers reported a 40-percent increase in community participation this year. Activities ranged from youth walks to fitness boot camps, and much more. (LEFT) Jheri Weidensall from the Army Wellness Center at Fort Campbell, Ky., discusses the importance of a balanced meal that doesn’t go overboard on individual portions during a nutrition class that was conducted in conjunction with Family and MWR’s Strong B.A.N.D.S Campaign.

a unique way to get youngsters involved in the community’s push toward better fitness.

Various gyms at garrisons teamed up with the Strong B.A.N.D.S campaign to bring more awareness to the classes and programs offered at their facilities.

Fort Lee fitness centers offered free introductory Yoga classes. Davidson Fitness Center at Fort Leonard Wood, Missouri, held events all month long, capping it off with a “Strong Weekend” celebration where a variety of classes were offered from yoga to body boot camp. A total of 64 patrons took part to get fit.

Karen Robinson, a recreation aid at that facility, said the main point of the event was to get people in the door and possibly try a class. Overcoming the anxiety of where to start with a fitness regime can be huge hurdle, she observed while describing the initial fear she felt when she moved to Missouri with her Soldier-husband five years ago.

“I never worked out,” Robinson said. “My husband suggested the post gym as a good place to start, and the classes are what brought me in to check it out. So, what began as working out one day a week turned into six days, and I was happier than I had ever been with workouts.”

Class instructor Ina Keazer De Aponte at Davidson Fitness Center understands the enormous value of the Strong B.A.N.D.S program. “It is important to take care of our body, and the older we get, the better our eating habits need to be,” she said. “You need to be working out. Our body is like our house, so we need to take care of it regardless of how old we are.”

Keazer De Aponte, an instructor for four years, taught the “Ripped” class during Strong Weekend. It consists of cardio, weight training and martial arts.

Strong B.A.N.D.S also promotes nutrition as a key element of health. Fort Campbell, Ky., held a Fueling for Health class at the garrison’s Army Wellness Center. That facility has aided patrons including Army spouse Leah Hernandez.

“I think everybody should go through a nutrition class,” she said. “Having the education on what you’re supposed to eat changes how you look at food. It gives you a good sense of what you should be putting in your body and what you shouldn’t.”

Hernandez has lost 20 pounds since taking advantage of the Wellness Center services. She discovered a routine workout schedule

SEE **B.A.N.D.S.**, page 10



Contributed Photo

## Warrant officers lend helping hand to Holiday Helper

Local members of the Warrant Officer Association pose for a photo after wrapping up a volunteer project June 30 at the Holiday Helper Toy Store here. The Fort Lee Soldiers helped move donated items into a trailer, freeing up space for a back-to-school supply drive. HH volunteers will soon be receiving donated book bags and various learning supplies at the facility that will be distributed to military families free of charge. WO members are regular supporters of HH.

## MILITARY SPOUSE,

continued from page 2

The deal may be too late for older spouses like me – my husband retired last year after 28 years on active duty – but I’ll continue to chip away at my income deficit by using Butterball turkey coupons at the commissary deli, hitting resale shops, and perusing clearance racks.

*(If you’re a military spouse in need of assistance with employment issues, consider*

*visiting the Army Community Service center – bldg. 9023, Mahone Ave. – which offers an Employment Readiness Program with referral resources, resume writing assistance, career counseling, computer workstations and more. You also can make your voice heard by participating in the ACS Army Family Action Plan. To learn more, visit [lee.armymwr.com/categories/community-support](http://lee.armymwr.com/categories/community-support).)*

## B.A.N.D.S., cont. from page 9

is not enough to help with weight loss. “As it turned out (after the AWC assessment), I wasn’t eating enough calories,” she said. “It’s a surprise because the common assumption is to eat less and automatically lose weight. That’s not how it works.”

Army Wellness Center services are available to Fort Lee community members. The facility is located at 9205 Mahone Ave. The phone number is 804-734-9925.

Overall, the proof is in the numbers. This year’s 40-percent increase in Strong

B.A.N.D.S participation is the best indication that community members not only want to be better educated about their health, but also feel inspired to fully engage in an active lifestyle that reduces obesity and illness, and promotes physical energy and confidence. The annual campaign that adds fuel to the movement will be back next year, but all of the things it highlights are available today in your military community. Get started now. Your body will thank you for it.

*(Contributing authors: Marti Yoshida, Maria Yager, Angie Thorne and Patrick Buffett)*



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Photo by Lesley Atkinson, KAHC PAO

Pediatrics immunization nurse Joanna Bousquet places a band aid on patient Andrew Smith after a meningitis B immunization at Kenner Army Health Clinic Pediatrics July 12. Smith was receiving a physical exam for high school.

# Kenner asks parents to be proactive in setting up immunizations, exams

The staff of the Pediatrics department at Kenner Army Health Clinic encourages parents to be proactive in pursuing child immunizations and health exams for the upcoming school year.

“Do not wait until classes are about to start,” advised department officials. “Arranging appointments and getting those mandatory requirements out of the way early will put parents ahead of the rush that typically occurs during the latter half of August up through early September when those who procrastinate (or late summer PCSers) are being told their kids can’t come to school until it’s done.”

As in year’s past, Wilkerson Pediatric Clinic is anticipating the rise in exam

requests and will dedicate resources to meet the higher demand from Aug. 14 - Sept. 14. Additional appointments will be made available on Tuesdays and Thursdays from 4-5:30 p.m. Call (804) 734-9125 for more information.

Parents are further encouraged to review the following Qs and As about immunization and exam requirements:

## Who needs to come in?

Those enrolling children in kindergarten will need up-to-date immunization and physical exam documents. Older children who will be attending Virginia schools for the first time also need an exam (not a requirement for those returning to where they were enrolled last year). Participation

in school sports also may require an exam dated after May 1.

## How do I get an appointment?

Parents should call the KAHC appointment line at 866-LEE-KAHC (866-533-5242) to schedule an appointment. If there are questions or concerns, call the Pediatric Clinic at 804-734-9125 during normal business hours, and the call will be directed to the appropriate area.

## Why schedule and come in early?

As noted earlier, waiting is risky because appointments fill up and there’s a higher chance of overlooking the requirement amid the busy back-to-school shopping and preparation period in late August. Remember, children may not be allowed

in school without up-to-date physicals and immunizations.

## Are there any restrictions?

Yes, if parents have more than one child being seen, report early enough for all to be screened before the first appointment time. If multiple appointments are made with different providers, remember that both parents will need to attend unless there is more than an hour between the appointment times. If bringing more than two children, another adult to help supervise the kids waiting to be seen is required. Exam rooms do not support more than two children with the parent and a provider. These appointments are only for school physicals and sports physicals. All physicals are by appointment only.

## What should parents bring for the child’s physical?

Parents should bring all immunization and medical record in their possession (no need to pick up records housed in the Kenner Medical Records Department) and eyeglasses, if worn by the child. It’s a good idea to check out the school district’s website as well for specified requirements or accepted forms.

## Is it true that lab work needs to be done prior to the appointment?

No. KAHC does not require lab work or other testing prior to the actual appointment date. Furthermore, some schools districts may imply that physicals have to be completed in August, which is not a mandated requirement.

Kenner wants to provide the best possible care for military members and their families. Another way to look at this requirement is that children are given physicals and immunizations to identify special needs and prevent illness. Vaccinations that are up-to-date reduce the potential of flu and other ailments being passed between kids in the classroom. Correcting a vision or hearing issue could improve a child’s learning experience and reduce frustration. Beyond those reasons, it’s just wise to schedule appointments now so there’s no doubt children can start school on time.

– KAHC and Staff Reports



U.S. Army Reserve Photo by Staff Sgt. Shawn Morris

## Army Reserve opens training center on Fort Lee

**Staff Sgt. Shawn Morris**

99th Readiness Division

FORT LEE, Va. – The U.S. Army Reserve’s 94th Training Division hosted a ribbon-cutting ceremony July 12 for its new Army School System Training Center here.

Maj. Gen. Troy D. Kok, commanding gen-

eral of the 99th Readiness Division, served as guest speaker. “This is all about training our Soldiers and making sure America’s Army Reserve remains the most capable, combat-ready and lethal Federal Reserve force in the nation’s history,” he said. “This building is about ‘doing it right’ to give the best training

U.S. Army Reserve senior leaders cut the grand opening ribbon during a ceremony July 12 for the 94th Training Division’s new Army School System Training Center on Fort Lee. Pictured from left are: Command Sgt. Maj. Sharon Campbell, 94th Training Division CSM; Col. Adam Butler, Fort Lee garrison commander; Brig. Gen. Héctor López, 94th TD commanding general; Maj. Gen. Troy D. Kok, 99th Readiness Division commanding general; Brig. Gen. Fletcher Washington, 80th Training Command deputy commanding general; and Capt. Zane Williams, TASS Training Center officer-in-charge. The new U.S. Army Reserve facility coordinates the provision of mission-essential equipment, billeting, classrooms, subsistence, transportation requirements, training areas and maintenance support, enabling assigned instructors to complete their mission of training and enhancing readiness.

value for our Soldiers.”

The staff at the new facility coordinates the provision of mission-essential equipment, billeting, classrooms, subsistence, transportation requirements, training areas and maintenance support, enabling assigned instructors to complete their mission of train-

ing and enhancing readiness.

“Through this magnificent new training center, the 94th Division will instruct 2,665 students in 105 classes covering 16 different course types in FY18,” said Brig. Gen. Héctor López, commanding general of the organization. “This building allows us to raise our world-class instruction to the next level.”

López also talked about the facility’s namesake, Master Sgt. Nicholas Oresko, who received the Medal of Honor from President Harry S. Truman for actions during World War II while serving with the 94th Infantry Division.

“He led by example ... he demonstrated the kind of leadership that is needed these days in all ranks,” López said of Oresko. “As leaders in today’s Army, we must cling to Master Sgt. Oresko’s indomitable spirit and be willing to do what is right for our units and Soldiers.”

The 94th Training Division’s mission is to resource and conduct specified training in direct support of stated U.S. Army Reserve Command and U.S. Army Training and Doctrine Command missions and objectives. To learn more, visit <http://www.usar.army.mil/80thTC/94thTD/>.

## ALU sergeant will step up to plate at All-Army Softball Trial Camp

**T. Anthony Bell**

Senior Writer/Special Projects

A Fort Lee supply sergeant has been invited to the All-Army Softball Trial Camp set for July 23-Aug. 13 at Fort Indiantown Gap, Pa.

Sgt. Tiffany Schroeder – assigned to the Staff and Faculty Company, Army Logistics University Support Battalion – is one of roughly 30 players who will be vying for 15 spots on the Army team. Those who make the cut will compete in the U.S. Armed Forces Tournament the following week in Pensacola, Fla.

Describing her selection as a “goal fulfilled,” Schroeder said she’s more than ready to show her versatility as a long-time player hailing from Lady Lake, Fla.

“Getting the opportunity to do this means

a lot because I always wanted to play softball at a higher level but life took me on a different path,” the eight-year Soldier said. “Now that I’m in the military, I can not only represent the Army but also play the sport I’ve loved since I was a little girl.”

Trial camp invitations are extended to those who have played professionally, collegiately and/or at an organized level that extends beyond “recreational dabbling” in the sport. The 27-year-old Schroeder has played on teams since she was 9, and she figures her maturity along with the ability to compete in multiple positions will give her an edge in the trials.

“Some people have settled into a single position in their sports career, but I have played everywhere I was needed,” said Schroeder, also noting she is strongest at shortstop and the outfield. “So, I’m a very

versatile player, which can be advantageous to the coaches if they need to fill a position they don’t have.”

The Soldier thanked her command team for supporting her attendance at the trials. She offered assurances that the trust was well-placed, noting confidence is critical to making the roster and something she holds in abundance ... so much so, she has already cleared her calendar for the armed forces tournament Aug. 14-18.

“I am not going to waste this opportunity,” she said. “I’ll be part of the Army squad in Pensacola.”

Sgt. Tiffany Schroeder, Staff and Faculty Company, Army Logistics University Support Battalion, was selected to attend the All Army Softball Trial Camp scheduled for July 23-Aug. 13 at Fort Indiantown Gap, Pa.



T. Anthony Bell

# Dinwiddie site earns *Travel Channel* 'best places to visit' commendation

Labeled as one of Virginia's "best places to visit" by the nationally televised Travel Channel, Pamplin Historical Park and the National Museum of the Civil War Soldier in Dinwiddie County is a nearby off-duty destination that shouldn't be overlooked.

Sprawled across 424 acres, this national historic landmark features four high-tech museums and special exhibits, three antebellum (pre-Civil War) homes and fortifications, the Breakthrough Battlefield of April 2, 1865, a year-round Civil War Adventure Camp, living history demonstrations and more.

Pamplin has earned accolades for its unparalleled hands-on and living-history experiences that take visitors back in time. During the summer and fall, guests can find historians in Civil War-era costumes at the military encampments or fortifications demonstrating the "necessary life skills" of firing a weapon, taking care of one's equipment and clothing, and more.

The park also hosts a military encampment where children can try on uniforms and dresses and learn to play drums. These real-life experiences appeal to people of all ages.

Opened in 1994, the high-tech historical

park includes a three-quarter mile stretch of well-preserved Civil War earthworks constructed by Confederate troops of Gen. Robert E. Lee's Army of Northern Virginia.

The Museum of the Civil War Soldier – a \$13-million, 25,000-square-foot facility – features a remembrance wall and an elaborate, seven-gallery exhibit that brings visitors face-to-face with the nearly three million Americans who became soldiers during the Civil War.

Pamplin tours include a choice of two hand-held digital devices. One is intended for children and school groups. Another is for daily visitors and features a 5-inch color display allowing users to view images and videos in addition to artifacts and displays. Both devices present the museum's audio programming at over 80 indoor and outdoor stations, as well as along some of the trails of the park.

Parents should check out special programs for youths including a unique overnight Civil War Adventure Camp. Also, one of the audio tours is geared toward the fifth-grade level. The park offers a special activity for ages 3-12 and provides field trips for schools.

Visitors to Pamplin at 6125 Boydton Plank



Contributed Photo

A living-historian portrays a Civil War soldier cooking over an open fire in a re-created military encampment area at Pamplin Historical Park and the National Museum of the Civil War Soldier in Dinwiddie County.

Road should allow at least four hours to see all the offerings. It is open daily, through November, 9 a.m. - 5 p.m.

Through Labor Day, take advantage of the park's \$1 Days of Summer Admission. This does not apply for groups. For more information, call 804-861-2408 or visit [www.pamplinpark.org](http://www.pamplinpark.org).



Contributed Photo

## Transportation Artifact of the Month

The Escort Wagon, Model J-118, pictured is on display at the Transportation Museum at Joint Base Langley-Eustis. It is of World War I vintage and includes some modifications first made in the 1890s such as an improved driver's spring seat and metal wheel hubs. It also is painted in Olive Drab, previously having been blue and red, which was first prescribed by Army regulations in 1916. The Escort Wagon was first brought into the Army's inventory in 1878 and replaced the six-horse or mule wagon used since the 1850s. The wagon was used until 1939 when it was declared obsolete. Its 61 years of service makes it one of the longest used pieces of equipment in the Army's history.

# CALENDAR

## LOCAL ACTIVITIES FOR THE FORT LEE COMMUNITY

### Registration for Liquid Logistics Reunion | Ongoing

Registration continues for the Liquid Logisticians Association Reunion set for Aug. 24-25 at the Quartermaster School Petroleum and Water Department building.

The event will include tours, a Friday night icebreaker, a Saturday wreath-laying ceremony, several guest speakers and more. Registration is required by July 31. No registration will be available at the event.

For details, call 804-734-2702 or email conrad.bradley.civ@mail.mil or catherine.r.gadsden.civ@mail.mil.

### 'Tomfoolery' Showing at Swift Creek Mill Theatre | July 19-21

"Tomfoolery," a witty musical revue based on the songs by satirist Tom Lehrer, continues through Aug. 18 at the Swift Creek Mill Theatre, 17401 Jefferson Davis Highway, Colonial Heights. The next three dates are July 19-21, 8 p.m.

The production is not recommended for children. For details, visit [www.swiftcreekmill.com](http://www.swiftcreekmill.com).

### Final Live at Five Concerts | July 20, 27

The Live at Five summer concert series continues July 20 and July 27, 5-8 p.m., at the HideAway, 5th Street, next to the Outdoor Recreation facility. All are welcome.

On July 20, the Jive Brothers Band will perform, and on July 27, Bar Stool Jones will be featured at the final summer concert event. For details, call 804-765-1539.

### Christmas in July Boat Parade | July 21

The annual Christmas in July Parade of Lights is set for July 21, 6-9 p.m., along the James River.

Sites and approximate viewing times in Chesterfield County include Dutch Gap Boat Landing, 501 Coxendale Road, 7:30-7:45 p.m.; and the Bluff at Henricus Historical Park, 251 Henricus Park Road, 7:45-8 p.m.

For detail s, visit [www.jrac-va.org/parade.htm](http://www.jrac-va.org/parade.htm).

### CYS Sports Registration | Through July 27

Child and Youth Services is holding registration for fall cheerleading, tackle football and flag football until July 27 at Parent Central Services, building 10624, Yorktown Drive.

Cheerleading is for ages 5-13. The cost is \$45 for military, DOD Civilians and contractors, and \$55 for non-DOD civilians. Tackle football is for youngsters, 7-13. The cost is \$70 for military, DOD Civilians and contractors, and \$80 for non-DOD civilians. Flag football is for youth, 5-7 years old. The cost is \$45 for military, DOD Civilians and contractors, and \$55 for non-DOD civilians. Coaches are needed for all fall sports.

For details, call 804-765-3787.

### Kayaking on Appomattox | July 24

A kayak excursion on the Appomattox River, coordinated by Family and MWR Outdoor Recreation, is scheduled for July 24, 5:30 p.m., at Roslyn Landing, 265 Charles Dimmock Parkway, Colonial Heights.

All equipment and a trip map will be supplied. The cost is \$25. Participants must register at least two days prior to the session and should arrive at the boat dock by 5:15 p.m. For details, call 804-765-2059.

### Fort Lee Job Fair | July 25

A job fair hosted by JobZone is scheduled for July 25, 10 a.m. - 2 p.m., in the Regimental Community Center, building 2609, C Avenue.

Employers will be on hand with immediate openings. All job seekers are welcome.

Registration is suggested. For details, call 434-263-5102 or 540-226-1473.

### ACS Social Media Lunch and Learn | July 26

Army Community Service Army Family Team Building Program will present a free Social Media Lunch and Learn July 26, 11 a.m. - 1 p.m., at ACS, Mahone Avenue.

Participants will receive information on effective communication skills and techniques to keep families engaged in healthy communications. Children are welcome.

Registration is requested.

For details, call 804-734-7979.



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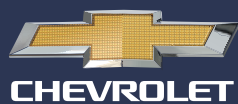
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